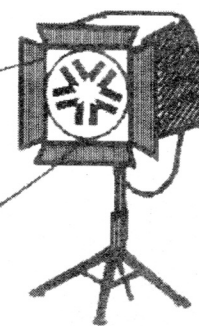


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXIV, ISSUE 3

A newsletter for D.C. Seniors

March 2009



## EXECUTIVE DIRECTOR'S MESSAGE

*By Dr. Clarence Brown*

As March comes in like a lion and goes out like a lamb, we hope to reach more of the senior residents of the District who were not prepared for the conversion from analog to digital television by the Feb. 17 deadline date.

It is estimated that of the 6 million residents in the country who were not ready, 10,000 resided in the District of Columbia. As most of you are aware, the deadline for the DTV conversion has been extended to June 12, which gives us more time to ensure that all senior residents are ready for the change.

Call 202-724-5626 or the Mayor's Citywide Call Center at 311 to find out how the DC Office on Aging can help older residents stay connected.

The month of March is National Nutrition Month and this year's theme is "Eat Right." I encourage all senior residents to begin eating nutritious meals by becoming a regular participant of a congregate meal site. These sites, more than 50 locations, serve more than just a meal every day at noon — they offer regular engagement with others, daily social and recreational activities, health information and education, and more.

Please check the listing of congregate meal sites in this issue of Spotlight on Aging. Locations — sponsored by the DC Office on Aging — are located throughout the city.

Please remember that Daylight Savings Time is coming early this year. On March 8 at 2 a.m., remember to turn your clocks forward one hour to 3 a.m. Most people find it easier to do this before they go to bed — whatever is easier for you is good.

Changing the batteries on your smoke alarms is as important as changing the time on your clock. Last month in this column, I reminded you of the advice from the Fire Department to practice this precaution to ensure that fresh batteries are in your smoke detector at all times. This can help save your life.

Also, for your information we have included in this issue more fire safety tips that are useful at all times. You may want to cut them out and save them so you can remember to practice them. We want to make sure that we keep all senior citizens safe.

## New Endeavors



The D.C. Senior America Cameo Club joined the Retired and Senior Volunteer Program for a day of service to New Endeavors by Women on the Martin Luther King, Jr. Holiday.

New Endeavors by Women is a transitional residence that houses women who are working on overcoming their addictions. The group collected clothing, toiletries and other items to give the residents.

The Cameo Club members are shown here performing a mime to "We Fall Down," by Donnie McClurkin. The performance and song lyrics were very uplifting to the women, who are working on rebuilding their lives.

## KEEP LIVING YOUR LIFE!

**SPEND LESS TIME COORDINATING SERVICES  
AND MORE TIME ENJOYING THEM.**



**One-stop for services in the District assisting  
the elderly and persons with disabilities.**

**Phone: 202.724.5626 Citywide: 311  
TTY: 202.724.8925 [www.adrcdc.org](http://www.adrcdc.org)**



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ADRIAN M. FENTY, MAYOR



# Group Meal Programs

## (Congregate Meals)

Meals are served in a group setting at various sites around the city. Advice and guidance on dietary intake are provided to individuals for improving their nutritional status.

Noon meals are served at all centers. Senior Centers and Wellness Centers also offer meals, recreation and other activities. There is no charge for meals. However, contributions are encouraged.

The following lead agencies coordinate the group meals program by Ward. Contact the lead agency in your Ward for more information.

## Lead Agencies

- Barney Neighborhood House Senior Program  
504 Kennedy Street, N.W., D.C. 20011  
Wards 1 and 4  
202-939-9020  
Fax: 202-939-5755
- Emmaus Services For The Aging  
1426 9th Street, N.W., D.C. 20001  
Ward 2  
202-745-1200  
Fax: 202-745-1246
- IONA Senior Services  
4125Albemarle Street, N.W., D.C. 20016  
Ward 3, west of Rock Creek Park, Foggy Bottom and Dupont Circle Areas (Ward 2)  
202-895-9444  
202-966-1055 TTY:  
Fax: 202-895-0244
- Greater Washington Urban League Aging Division  
2900 Newton Street, N.E., First Floor, D.C. 20018  
Wards 5 and 8  
202-529-8701  
Fax: 202-832-0127
- United Planning Organization Senior life Center  
3839 Alabama Avenue S.E. D.C. 20020  
Ward 7  
202-583-8650  
Fax:202-575-7595
- Greater Washington Urban League, Senior Neighbors and Companions Club  
2447 Good Hope Road S.E., D.C. 20020  
Ward 8  
202-610-6103  
Fax: 202-610-6108
- United Planning Organization Senior Life Center  
900 G Street, N.E., D.C. 20002  
Ward 6  
202-608-1344

# National Nutrition Month

**The Theme for March 2009 is “Eat Right”**

National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Registered Dietitian (RD) Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition

services, and recognizes RDs for their commitment to helping people enjoy healthy lives.

Eating well can help reduce the risk of chronic diseases such as cancer, diabetes, obesity and hypertension. Eating well means eating a variety of healthy foods in the right amounts so your body gets the nutrients needed to maintain good health and work properly.

What exactly are the nutrients that come from food? Different foods provide different kinds of nutrients:

- Proteins (lean meats, eggs, beans, nuts) help build muscle

and a strong immune system.

- Carbohydrates (starches, sugar and whole grains that also provide fiber) give you energy.
- Fats provide essential fatty acids and extra energy.
- Vitamins and minerals (commonly available in fruits, vegetables and whole grains) regulate body processes, enhance cell function and growth, and help build a strong immune system.
- Water gives cells shape and acts as a medium where body processes can occur.

Sources: [www.va.gov/resdev](http://www.va.gov/resdev), [www.eatright.org](http://www.eatright.org).

## GROUP MEAL CENTERS

- WARD 1**  
Campbell Heights  
2001 15th Street, N.W. 20009
- Columbia Heights  
2900 14th Street, N.W. 20009
- EOFULA Spanish Senior Center  
1842 Calvert Street, N.W. 20009
- Garfield Terrace  
2301 11th Street, N.W. 20001
- Harvard Towers  
1845 Harvard Street, N.W. 20009
- LeDroit Park  
2125 4th Street, N.W. 20001
- Sarah’s Circle  
2551 17th Street N.W. 20009
- WARD 2**  
Asbury Dwelling  
1616 Marion Street, N.W. 20001
- Asian/Pacific Islander Senior Services Center  
417 G Place, N.W. 20001
- Asbury Methodist Church  
926 11th Street, N.W. 20001
- Downtown Cluster’s Day Care  
926 11th Street, N.W. 20001
- James Apartment Building  
1424 N Street, N.W. 20005
- St. Mary's Court  
725 24th Street, N.W. 20037
- Emmaus Services for the Aging Homeless Center (Oasis)  
1226 Vermont Avenue, N.W. 20005
- WARD 3**  
Adas Israel  
2850 Quebec Street, N.W. 20008
- Isabella Breckinridge Day Care  
4125 Albemarle Street, N.W. 20016
- St. Albans Episcopal Church  
3001Wisconsin Avenue, N.W. 20016

- WARD 4**  
Barney Senior Center  
5656-A 3rd Street, N.E. 20011
- Colony House  
930 Farragut Street, N.W. 20011
- Emery Recreation Center  
5801 Georgia Avenue, N.W. 20011
- First Baptist Senior Center  
715 Randolph Street, N.W. 20011
- Ft. Stevens Recreation Center  
1327 Van Buren Street, N.W. 20012
- Genevieve Johnson Day Care  
4817 Blagden Avenue, N.W. 20011
- Hattie Holmes Senior Wellness Center  
324 Kennedy Street, N.W. 20011
- Kennedy Street Senior Program  
504 Kennedy Street, N.W. 20011
- WARD 5**  
Bethesda Baptist Church  
1808 Capitol Avenue, N.E. 20002
- Blind & Visually Impaired Senior Center  
2900 Newton St. N.E. 20018
- Delta Towers  
1400 Florida Avenue, N.E. 20002
- Edgewood Terrace #1  
635 Edgewood Street, N.E. 20017
- Fort Lincoln I  
2855 Bladensburg Road, N.E. 20018
- Fort Lincoln II  
3001Bladensburg Road, N.E. 20018
- Fort Lincoln III  
3298 Ft. Lincoln Drive, N.E. 20018
- Green Valley Apartments  
2412 Franklin Street, N.E. 20018
- Israel Baptist Church  
1251 Saratoga Avenue, N.E. 20018
- Model Cities Senior Wellness Center  
1901 Evarts Street, N.E. 20018
- WARD 6**  
Arthur Capper Senior Center  
900 5th Street, S.E. 20003

- Capitol Hill Towers  
900 G Street, N.E. 20002
- Greenleaf Senior Building  
1200 Delaware Avenue, S.W. 20024
- Potomac Gardens  
1229 G Street, S.E. 20003
- St. Monicas Episcopal Church  
1340 Mass. Avenue, S.E. 20003
- Sibley Plaza  
1140 North Capitol Street, N.W. 20002
- WARD 7**
- Allen House  
Upper Room Baptist Church  
3760 Minnesota Avenue, N.E. 20019
- Dwelling Place Senior Center  
2812 Pennsylvania Avenue, S.E. 20020
- Phillip T. Johnson Senior Center  
3440 Minnesota Avenue, S.E. 20020
- KEMP Senior Center-Kenilworth  
4300 Anacostia Avenue, N.E. 20019
- WARD 8**  
Claiborne House, Matthews Memorial Church  
2632 Martin Luther King Jr. Avenue, S.E. 20020
- Congress Heights Senior Wellness Center  
3500 Martin Luther King Jr. Avenue S.E. 20032
- Deaf and Hard of Hearing Senior Center  
2451 Good Hope Road, S.E. 20020
- Knox Hill Senior Program  
2700 Jasper Street, S.E. 20020
- DuPont Park Seventh Day Adventist Apartments  
896 Southern Ave. S.E. 20032
- United Planning Organization/ Senior Life Center Weekend Nutrition Program  
1649 Good Hope, S.E. 20020



## D.C. OFFICE ON AGING NEWSLETTER

# Seniors Get a Valentine's Day Treat

Those who are often forgotten on Valentine's Day got a treat this year as WHUR 96.3 FM and FedEx joined forces to present 50 residents of an area nursing home — and the oldest registered resident of the District — with

heart-decorated cake prepared by the center staff. FedEx employee David Martin serenaded the group with two songs.

The residents seemed to enjoy the event as they danced to the music and even joined along with Martin as he sang an old spiritual.

"You need this sometimes to give you a little lift," said resident Rosa Marshall. Another resident, Charles Scates, enjoyed dancing to the music, even getting out of his wheelchair to mimic moves of rock 'n' roll star Elvis Presley. With a big smile on his face he said, "Dancing keeps me young."

The second special presentation was at the home of Eddye Williams, who celebrated her 109th birthday in January. She enjoyed the visit from the WHUR hosts and Dr. Brown.

She showed off her pictures with dignitaries on the walls of her bedroom, and her photo album of pictures from her birthday celebration.

Her granddaughter Darlene Williams joked with her during the visit about her enjoying the company of so many men. She continued, "You lived too long, grandma?"

"Who said that?" was the centenarian's quick response, drawing the laughter of all in the room.

She was very appreciative of the flowers and expressed her thanks for the visit exclaiming, "I love you all. God bless!"



Jeff Brown, host of the "Quiet Storm" on WHUR, presents bouquets and cards to a Washington Center for Aging Services resident. Although he hosts the late-night show, he didn't mind getting up earlier than usual to co-host this special event and to bring gifts to the older residents.

flower bouquets and cards to mark the occasion.

"Public-private partnerships are a great way to bring joy to the lives of our frail elderly. Often family members are deceased or are not able or will-



Eddye Williams, age 109, receives a flower bouquet at her home from Jeff Brown and Taylor Thomas from WHUR and Dr. Clarence Brown, executive director, Office on Aging (DCOA). Mrs. Williams is the oldest registered centenarian with the DCOA.

ing to visit frequently, and our older residents begin to feel left out," said Clarence Brown, Ph.D., executive director of the D.C. Office on Aging, who was also on hand at the event.

WHUR personalities Jeff Brown, of the Quiet Storm, and Taylor Thomas hosted the festivities at the Washington Center for Aging Services. The event included music, dancing and a bit of sweetness with a



Dr. Brown presented Washington Center for Aging Services resident Gladys Bell with a bouquet.

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- Converter Box Coupon assistance
- Locating and securing a Converter Box
- Converter Box installation and training

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Solanges Vivens of VMT, who manages the nursing home, dances with Charles Scates and another resident during the event.



# Community Calendar

## March

### 5th, 10 a.m. to 5 p.m.

Take a trip to Toby's Dinner Theater in Baltimore, Md. See *Sophisticated Ladies*, a glittery, glamorous show based on the music of Duke Ellington. The \$50 cost includes transportation, dinner, tax and gratuity. The trip departs from the Kennedy Street Senior Center, 504 Kennedy St., N.W. For more information, call James Thompson, activities coordinator, at 202-939-9031.

### 6th, 11 a.m. to 5 p.m.

The Congress Heights Senior Wellness Center will host an AARP driver safety course. The cost is \$12 for AARP members and \$14 for non members. The center is located at 3500 MLK Jr. Ave, S.E. For more information, call 202-563-7225.

### 6th, 13th, 20th, 27th, 12:45 p.m.

The Greater Washington Urban League, in partnership with Model Cities Senior Wellness Center, presents a nutrition film festival throughout the month of March. Stop by Model Cities, 1901 Evarts Street, N.E., every Friday to catch a movie that highlights healthy eating. For more information, call 202-635-1900.

### 10th, 2:30 to 3:30 p.m.

Learn how to save money while still eating healthily at this free class on food budgeting. This session at IONA Senior Services will explore easily prepared food for one to two people that is nutritious and not costly. Registration is preferred, but walk-ins are welcome. IONA is located at 4125 Albemarle St., N.W. For more information and to register, call 202-966-1055.

### 10th, 10 a.m. to 12:30 p.m.

IONA Senior Services will host a series of "Boost Your Brain!" wellness seminars on Tuesdays through April 14. The fee for the classes is \$50. IONA is located at 4125 Albemarle St., N.W. For more information and to register, call 202-966-1055.

### 13th, 11 a.m.

Join the Israel Baptist Church Senior Center, 1251 Saratoga Ave., N.E., for a seminar on "Financial Savings for Seniors." Call Vivian Grayton at 202-529-8701 for reservations.

### 14th, 12:30 p.m.

United Planning Organization Weekend Nutrition Program seniors can participate in one-on-one counseling with program director and nutrition expert Evelyn Minor. The program is located at 3001 Alabama Ave., S.E. For more information, call 202-581-9355.

### 19th, Noon

Join the Ft. Lincoln Senior Center, 31st Place and Fort Lincoln Drive, N.E., for a seminar on "Cancer Fighting Foods." Call Evelyn Minor at 202-610-6104 for more information.

### 26th, 9:30 a.m. to 5:30 p.m.

Travel to the Delaware Park Casino with the Hattie Holmes Senior Wellness Center on this day-long trip. The cost is \$35, and participants will get \$30 back to go toward game play. Hattie Holmes is located at 324 Kennedy St., N.W. For more information, call 202-291-6170.

## Ongoing

Caregivers and family members of people with Alzheimer's are invited to a monthly support group at the Genevieve N. Johnson Senior Center, 4817 Blagden Ave., N.W. The group meets the fourth Saturday of each month at 11 a.m. Attendance is free, but registration is requested. For more information, call 202-723-8537.

Get free tax help with AARP's Tax-Aide every Tuesday from 1 to 4 p.m. at the Hattie Holmes Senior Wellness Center, 324 Kennedy St., N.W. Call 202-291-6170 for more information.

## New Transportation Service Launched

The D.C. Office on Aging, along with Home Care Partners, is providing a new service for senior residents of the District of Columbia. Participants must be age 60 or older, with a cognitive or mobility impairment and need help getting to their medical appointments.

The Caregivers Respite Escort Service for Transportation (CREST) provides an aide to assist seniors with this door-through-door service by helping the senior to prepare for the trip, assistance to the vehicle, as-

sistance at the appointment, and briefly help the senior upon returning home.

CREST is tailored for seniors who are unable to travel alone. There is no cost to the seniors for the aide's service, with transportation provided by Washington Elderly and Handicapped Transportation Service (WEHTS).

However, if a taxi or Metro is used, the senior will pay the required fare for themselves and the aide.

For more information, call Home Care Partners at 202-638-0736.

## Fire Safety Tips for Seniors

### Why do you need a smoke alarm?

Most fatal fires occur at night while people are sleeping, and working smoke alarms can reduce your chance of dying in a fire.

They also provide an early warning sign so that you and your family can escape.

### Where do you place smoke alarms?

Smoke alarms should be located on each level of your home, including the basement.

Place smoke alarms on the ceiling outside of the sleeping area.

Do not place smoke alarms near the bathroom, kitchen area or fireplaces.

If you live in your own home, change your battery when you change your clock during daylight savings time changes. If you need help to change your battery, you may contact your nearest fire house. Replace your smoke alarm if it is over 10 years old. Smoke alarms are provided free by the D.C. Fire & EMS Department.

### Electrical safety tips

Too many plugs in one outlet can start

a fire. Arrange your furniture so that the outlets are available for your lamps and appliances.

Do not run electrical cords under rugs as you can damage the cords. Throw away any cords that are frayed or worn. Extension cords are for temporary use.

If you use a space heater, keep a clearance of three feet around the heater on all sides, and keep it away from anything that burns. Never sleep with the heater on, and turn the heater off when you leave the room.

### Cooking safety

Wear tight-fitting sleeves when cooking, and keep pot handles to the side or rear of the stove.

If you have a grease fire, cover with a lid, cookie sheet or big pot, or toss on baking soda. Turn off the heat source and let the pan cool; then remove it from the stove.

For an oven fire, do not open the door. Turn off the heat source and call the fire department.

If you have any "treasures" lying around (old newspapers, magazines or clothes), have someone help you go through them, sort them out, and dispose of or donate them.

## SPOTLIGHT ON AGING

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

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